



### Product Spotlight: Mung Dahl Kit

Turban Chopsticks mung dahl kit contains hand-roasted spice mix and split yellow mung beans. It's mild in heat and gluten-free!



## Ayurvedic Kitchari with Golden Cauliflower

Kitchari is an Ayurvedic dish made with rice and lentils. Comforting and nourishing, this version is topped with golden cauliflower and served with papadums.



35 minutes



4/6 servings



Plant-Based

## Omit the rice!

*Make a traditional Dahl by following the instructions on the packet. Chop and add cauliflower and serve with papadums.*

|            |                |                  |                      |
|------------|----------------|------------------|----------------------|
| Per serve: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 22g/26g        | 28g/32g          | 79g/88g              |

## FROM YOUR BOX

|                | 4 PERSON | 6 PERSON  |
|----------------|----------|-----------|
| CAULIFLOWER    | 1        | 2         |
| GINGER         | 1 piece  | 1 piece   |
| BASMATI RICE   | 150g     | 300g      |
| CURRY LEAVES   | 2 fronds | 3 fronds  |
| MUNG DAHL KIT  | 1 packet | 2 packets |
| CARROTS        | 2        | 3         |
| COCONUT MILK   | 165ml    | 400ml     |
| PAPADUMS       | 1 packet | 1 packet  |
| CORIANDER      | 1 packet | 2 packets |
| TOMATO CHUTNEY | 1 jar    | 1 jar     |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, turmeric, apple cider vinegar (or other)

## KEY UTENSILS

oven tray, large pan, frypan (or microwave)

## NOTES

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.



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### 1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut **cauliflower** into florets. Place on an oven tray and toss with **1-2 tsp turmeric, salt and oil**. Roast for 20 minutes or until tender and golden.

**6P - use 2-3 tsp turmeric.**



### 4. COOK THE PAPADUMS

Cook the **papadums** according to preferred method on the packet (see notes).



### 2. COOK THE AROMATICS

Grate **ginger** and rinse **rice**.

Heat a large pan with **oil** over medium heat. Add **ginger, curry leaves** and **spice mix** (from packet) and cook for 30 seconds or until fragrant, being careful not to burn. Stir in **rice** to coat.



### 5. SEASON THE KITCHARI

Season **Kitchari** with **2 tsp vinegar, salt and pepper** to taste. Add more **water** if needed.

**6P - season Kitchari with 1 tbsp vinegar, salt and pepper to taste.**



### 3. SIMMER THE KITCHARI

Dice **carrots** and add to pan with **mung beans** (from packet), **coconut milk** and **1L water**. Stir to combine. Simmer for 20-25 minutes over medium heat or until tender.

**6P - add 1.7L water (use more if needed).**



### 6. FINISH AND SERVE

Serve **Kitchari** in bowls topped with **roasted cauliflower** and **coriander**. Serve with **tomato chutney** and **papadums**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

